



A School-Based Curriculum

To Help

Fourth Grade Students

Eat More Fruits and Vegetables



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Gimme 5 Project
Emory University School of Public Health
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Teacher Overview

Welcome to the 4th grade Gimme 5 program. The theme to help the fourth grade students learn to like and eat vegetables is "Veggie Olympics". Each week, students focus on various Veggie Olympics activities as a part of the curriculum. We will be working with your food service manager and staff to ask them to include the various vegetables discussed each week on the school lunch menu.

Through a series of activities, students will learn and discuss ways to increase their intake of vegetables. They will set goals to eat more vegetables for snacks, lunch, dinner and when eating away from home. Students will practice asking for more vegetables at home and learn a problem solving rap to help reach their goals. One session each week will include the preparation and/or tasting of vegetable snacks. These will be provided by your food service staff. Students will also develop their own personal plan to increase the number of vegetables they eat every day, gradually building toward the goal of eating at least five servings of different fruits and vegetables every day. The 4th grade program culminates in a classroom *GIMME 5* Awards Ceremony in which students receive a certificate for completing the program.

Because parents play a vital role in providing the foods that children eat, parents will receive an issue of the *GIMME 5 Daily* each week. Each child and their family will also receive a series of three videos. These newsletters and videos inform parents about the *GIMME 5* classroom activities as well as provide tips and recipes to increase vegetables in meals and snacks at home and away from the home.

We know that you and your students will enjoy the *GIMME 5* program!

